

ALTERED STATES FITNESS & KARATE

| 2025 KARATE TRAINING SCHEDULE (UPDATED 11/02/2025) | | | | | | | | | | | | |
|---|------------------|-----------------------------|------------------|-----------------------------|------------------|-----------------------------|------------------|-----------------------------|----------------------------|---|--------------------|-----------------------------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | |
| TBA | TRAINING TBA | TBA | TRAINING TBA | TBA | TRAINING TBA | TBA | TRAINING TBA | TBA | TRAINING TBA | TBA | TRAINING TBA | |
| CLASS TIMES | 4.00pm to 4.30pm | KU KIDS (4-5 years) | 4.00pm to 4.30pm | KU KIDS (4-5 years) | 4.00pm to 4.30pm | KU KIDS (4-5 years) | 4.00pm to 4.30pm | KU KIDS (4-5 years) | FROM 5.30am BY APPOINTMENT | PRIVATE AND INTRODUCTORY LESSONS, SKILLS REFINEMENT, TOURNAMENT PREPARATION | 9.00am to 9.30am | KU KIDS (4-5 years) |
| | 4.35pm to 5.20pm | KU SAMURAI's (6-9 years) | 4.35pm to 5.20pm | KU SAMURAI's (6-9 years) | 4.35pm to 5.20pm | KU SAMURAI's (6-9 years) | 4.35pm to 5.20pm | KU SAMURAI's (6-9 years) | | | 9.35am to 10.20am | KU SAMURAI's (6-9 years) |
| | 4.35pm to 5.20pm | KU SHOGUN's (under 12's) | 4.35pm to 5.20pm | KU SHOGUN's (under 12's) | 4.35pm to 5.20pm | KU SHOGUN's (under 12's) | 4.35pm to 5.20pm | KU SHOGUN's (under 12's) | | | 9.35am to 10.20am | KU SHOGUN's (under 12's) |
| | 5.30pm to 6.30pm | COMP TRAINING | 5.30pm to 6.30pm | TEENS | 5.30pm to 6.30pm | COMP TRAINING | 5.30pm to 6.30pm | TEENS | | | 10.30am to 11.30am | KOBUDO (weapons) |
| | 6.30pm to 7.30pm | TEENS | 6.30pm to 8.00pm | ADULTS | 5.30pm to 6.30pm | FUNDAMENTAL GRAPPLING | 6.30pm to 8.00pm | ADULTS | | | | |
| | | | | | 6.30pm to 8.00pm | ADULTS | | | | | | |

MAT 1 - KU KIDS, KU SAMURAI, ADULTS, GRAPPLING *(Subject to change)*

MAT 2 - KU SHOGUN, COMP TRAINING, TEENS, ADULTS *(Subject to change)*

"inspiring a generation to see themselves as Strong, Confident & Capable"